RZA: 'SO THAT'S HOW ART GROWS'

WU-TANG FOUNDER TALKS "BRICK MANSIONS." PAGE 13

metro

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Monday, April 28, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

Free at last. Millions of Quaker ancestry records that were previously only accessible in print at four locations nationwide are being published online today. **Family tree.** Ancestry.com is posting about 11 million digitized Quaker birth, marriage, death and disownment records. PAGE 02

MEET YOUR QUAKER

Historical re-enactor John Morrison stands in the doorway of the Free Quaker Meeting House at the corner of Fifth and Arch streets in Old City. / RIKARD LARMA, METRO

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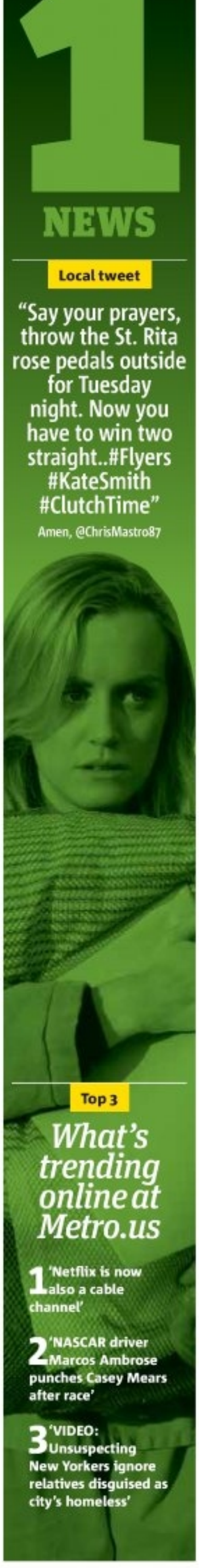
NEWS

Local tweet

"Say your prayers, throw the St. Rita rose pedals outside for Tuesday night. Now you have to win two straight..#Flyers #KateSmith #ClutchTime"

Amen, @ChrisMastro87



Top 3

What's trending online at Metro.us

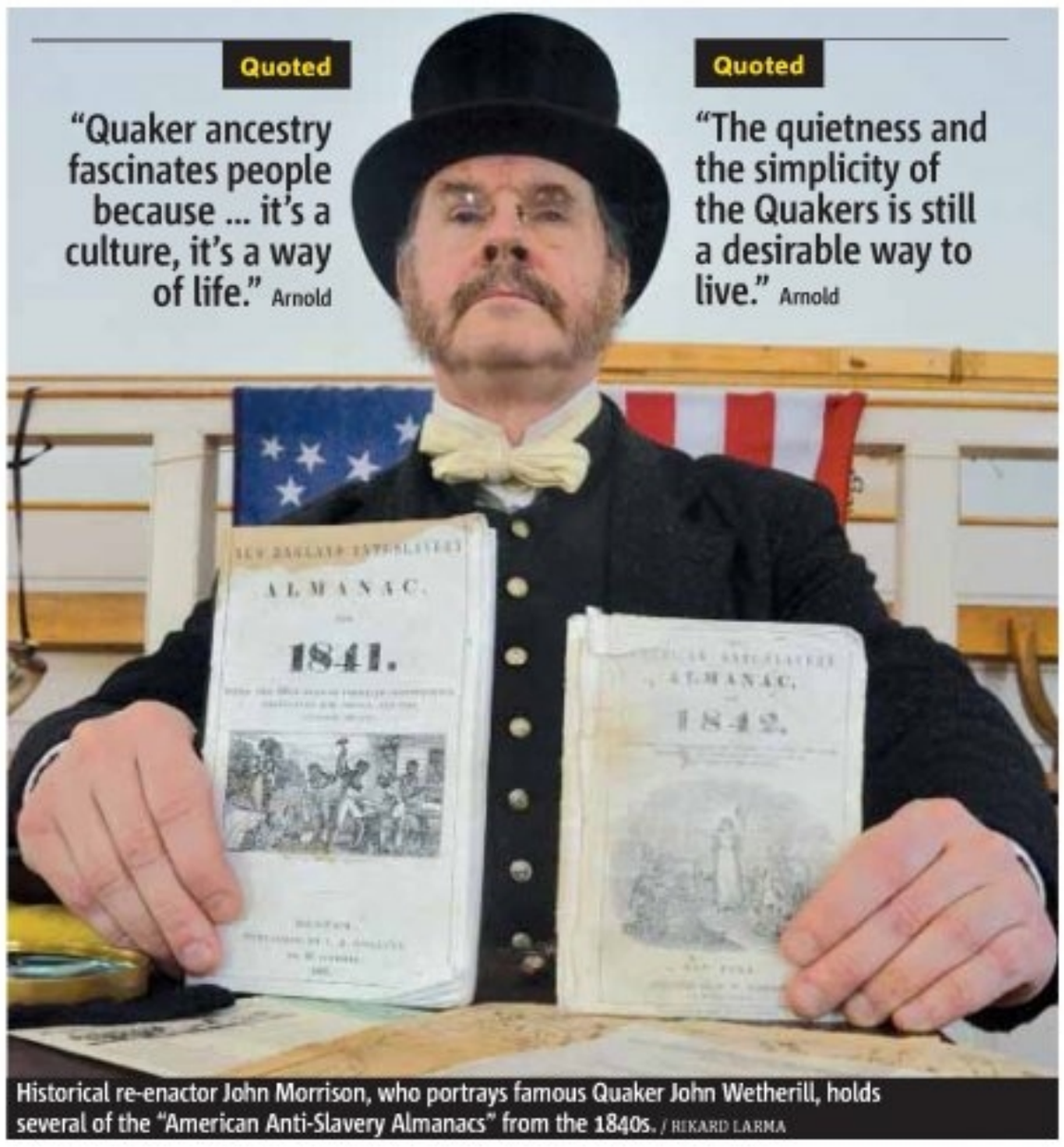
1 'Netflix is now also a cable channel'

2 'NASCAR driver Marcos Ambrose punches Casey Mears after race'

3 'VIDEO: Unsuspecting New Yorkers ignore relatives disguised as city's homeless'

Now, millions of Quaker ancestry records online

Digitized. A descendant of Quaker Isaac Potts, Pottstown founder, can now thoroughly research her family history from home.


Quoted
"Quaker ancestry fascinates people because ... it's a culture, it's a way of life." Arnold
Quoted
"The quietness and the simplicity of the Quakers is still a desirable way to live." Arnold
ALMANAC.
1841.
ALMANAC.
1842.

Historical re-enactor John Morrison, who portrays famous Quaker John Wetherill, holds several of the "American Anti-Slavery Almanacs" from the 1840s. / REKARD LARMA

Genealogist Lisa Arnold's desire to delve into Quaker history comes from a personal place — a desire to learn about her family history, which stretches back over 10 generations of Quakers.

Now, she's helping to give others an opportunity to do the same.

On Monday, Ancestry.com is posting a massive trove of about 11 million digitized Quaker birth, marriage, death and disownment records.

"I honestly think it's going to revolutionize Quaker research," said Arnold, a senior content strategist for Ancestry.com.

These records, accounting for 75 to 85 percent of all Quaker records worldwide, have only been accessible previously in physical form at four major archives: at Swarthmore and Haverford colleges, in North Carolina and in Indiana.

"Ancestry has digitized all these and indexed them, meaning they've keyed in every name that they've found," Arnold said. "You can look up 'Sam and his wife,' and see all the places they appear in these records."

Archivists who have looked over these records for years are pleased with the work Ancestry.com is doing.

"What it allows us to do is digitize our records at no cost," said Patricia O'Donnell, archivist at the Swarthmore College Friends Historical Library. "We're viewing it as long-term preservation, and also as a way and means to get the material out to the public."

Meanwhile, Arnold is also publishing a new book — "Thee and Me: A Beginner's Guide to Early Quaker Records" — intended to help amateur genealogists study their family histories.

"I have examples of what you're going to see on Ancestry and how to know what you're looking at," she said. "How do you start? What steps now? What does this abbreviation mean? It's a step-by-step of what to do."

Beyond genealogical research, Arnold added, the newly digitized records are also an important piece of U.S. history.

"The Quakers were extremely impactful in history," Arnold said. "Their passion to eliminate slavery and elevate the role of women in society are things we're still dealing with today, and they were doing it 300 years ago."

Lifestyle

The Quaker way

The Quakers always valued equality, addressing each other as "thee" regardless of social rank, maintaining small-sized tombstones and shunning displays of grandeur.

Philadelphia's founder, William Penn, was a Quaker who negotiated the famous Penn Treaty with the Delaware and Lenape Indians that was far more equitable than agreements any other American settlers devised.

The newly digitized records date from Penn's era in the 1680s when Quakers first came to North America, fleeing persecution in England, up through around 1800.

SAM NEWHOUSE
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Duck. Mail carrier caught in gun fight

A 31-year-old mail carrier was forced to duck and take cover during a gun fight in North Philadelphia Saturday afternoon, according to police.

Shots rang out around 4:30 p.m. at Sixth and Turner streets while the carrier delivered mail to homes along the 1600 block of North Sixth Street, police said.

The mail person ran for cover at the start of the gun fire, which also resulted in a stray bullet breaking through a window of a neighboring home. Police said the shooters used semi-automatic handguns.

No injuries were reported.

Police said that the investigation into what started the crossfire continues. METRO

SEPTA

Broad Street runners ride BSL for free

SEPTA wants participants of next week's Broad Street Run to only worry about the race, and not about transportation to the starting line.

The transit agency announced that it will offer free subway service for runners this Sunday.

Broad Street Line train
FILE PHOTO

SEPTA is planning for more than 20 express and local trips on Sunday morning to escort runners of the 10-mile race to the starting ribbon.

Participants only need to show their official race bib to the station cashier to gain entry.

In addition, SEPTA will set up 10 portable restrooms at Olney Transportation Center, which sits close to the starting line outside Central High School Athletic Field. METRO

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Doesn't need a leg up

Rimaj Todd warmed up Sunday before he and his group, Contempra Dance Theatre Company, performed for World Dance Day at The Piazza at Schmidt's in Northern Liberties.

RIKARD LARMA

Independent Insight

MATTHEW M. TURNER

Matthew M. Turner is a columnist for Metro Philadelphia. You can reach him at matthewmturner@hotmail.com.

Metro does not endorse the opinions of the author.

BALANCING JUSTICE IN PHILADELPHIA

How does a Pulitzer Prize stack up against the Philadelphia Police Department? We found out the answer last week.

And I can't say that I am shocked.

After years of investigation, no criminal charges were filed against narcotics officers who were accused of stealing from corner stores during raids five years ago.

The "Tainted Justice" series chronicled by Philadelphia Daily News reporters Barbara Laker and Wendy Ruderman, which earned the pair the 2010 Pulitzer for investigative reporting, uncovered the alleged wrongdoing. Their stories explored, among other things, footage from inside one of the stores that showed an officer slicing the wires of a security camera before the officers allegedly robbed the store.

Owner after owner told Laker and Ruderman the same story: The raids were initiated because the store owners sold little plastic baggies that police considered drug paraphernalia, and then they were robbed. And there still has not been a good explanation of why the officers cut the cameras.

Quoted

If you read the headlines of police behaving badly in this country, as often as I do, you come to the conclusion that there is almost a set playbook for police supervisors.

Many lawsuits were filed after the stories ran. The city paid $1.7 million for 33 cases it settled, according to the Associated Press. But no disciplinary action has been taken, except that the cops have been on desk duty during the investigations.

Some cops and Fraternal Order of Police officials claimed the newspapers were trying the officer's in the press, and they called the lack of charges proof.

I met Ruderman and Laker last year when they visited a crime reporting class at Rowan University where I studied journalism.

I didn't see two biased cop-haters, as some police claim. I saw two women who cared about their city and wanted justice for those without a voice.

Journalism can only shine a light on wrongdoing — but without outrage, angry phone calls and protests, it's likely nothing will be done about police corruption in Philadelphia, or anywhere for that matter.

The pen is only mightier than the sword if it causes people to act.

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Shots fired. Police shot man who they say reached for a gun

A 28-year-old man is in critical condition after he was shot by police during a traffic stop in West Philadelphia Saturday night, police said.

The man, of the 1200 block of St. Bernard Street, was shot around 11:30 p.m. after officers pulled over a 2000 Chevrolet Caprice for a traffic violation at Media and Conestoga Streets, police said.

The car was occupied by the driver, passenger and the 28-year-old man, who sat in the back. Police said the shooting victim provided false information to police and, when pressed by police, attempted to flee.

The officers grabbed the man and a struggle brought them to the ground. Police said the man overpowered one officer and attempted to remove the gun from the officer's holster. The officer yelled to his partner, who drew his weapon and fired at the attacker. The attacker was shot once in the stomach.

The man then got up and attempted again to flee before he was caught and secured a short distance away. The man was transported to the Hospital of the University of Pennsylvania. METRO

Facts

Internal affairs is looking into the shooting, and the case will be reviewed by the District Attorney's office.

- Both officers were placed on administrative duty and will remain there pending the outcome of the investigation.
- The shooting victim has five previous arrests, police said.

Trash cans take flight in Fairmount

Children took part in several experiments at Smith Memorial Playground in Fairmount Park on Sunday as part of the week-long Philly Science Festival. One involved exploding trash cans: Bottles filled with liquid nitrogen rocketed the cans — and about 300 multicolored balls — more than 50 feet into the air. / RIKARD LARMA

Contamination

Tyler Mountain Water recalled

Health officials issued a contamination warning and recall for about 9,400 jugs of Tyler Mountain Water, which is bottled in Pennsylvania.

The Pennsylvania Department of Environmental Protection announced that three-, four- and five-gallon jugs of the water that were bottled on April 17 and 18 could be contaminated with E. Coli and coliform.

The water is distributed by Aqua Filter Fresh, which is based in Pittsburgh and services Western Pennsylvania and West Virginia.

The company encouraged concerned consumers to call Aqua Filter Fresh at 1-800-864-8957 for more information. METRO

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Obama denounces reported remarks by team owner as 'racist'

League. Obama said he was confident NBA Commissioner Adam Silver would deal with the issue.

Clippers owner Donald Sterling sits with his girlfriend. / GETTY IMAGES

President Barack Obama said on Sunday that comments reported to have been made by the owner of the NBA's Los Angeles Clippers basketball team were "incredibly offensive racist statements."

The NBA is investigating an audio recording posted online of Clippers owner Donald Sterling allegedly telling his girlfriend not to post photographs of herself with black people and not to bring African-Americans to Clippers games, league officials said on Saturday.

"Obviously the NBA is a league that is beloved by fans across the country," Obama said.

He said the controversy was also an example of how the United States continues to wrestle with the legacy of race.

Celebrity news site TMZ.com published the 10-minute recording on its website late on Friday, describing it as a taped conversation between the billionaire Sterling and a model who goes by the name V. Stiviano. REUTERS

Quoted

"When ignorant folks want to advertise their ignorance, you don't really have to do anything: You just let them talk."

Obama, said when asked about the controversy during a news conference in Kuala Lumpur with Malaysian Prime Minister Najib Razak

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Rome. Hundreds of thousands watch two popes become saints

Pope Francis proclaimed his predecessors John XXIII and John Paul II saints in front of more than half a million pilgrims on Sunday, hailing both as courageous men who withstood the tragedies of the 20th century.

Cheers and applause rang out across St. Peter's Square after the historic double papal canonization as many in the crowd fixed their gaze on huge tapestries of the two popes on the facade of the basilica behind Francis.

"We declare and define Blessed John XXIII and John Paul II to be saints and we enroll them among the saints, decreeing that they are to be venerated as such by the whole Church," Francis said in his formal proclamation in Latin. REUTERS

Minority population

If Muslims are oppressed, Myanmar won't succeed: Obama

President Barack Obama said on Sunday that the rights of Myanmar's minority Muslim population were not being fully protected and warned that the Southeast Asian country would not succeed if Muslims there were oppressed.

On a visit to Malaysia, Obama praised political reforms under way in once-isolated Myanmar but said the danger of democratization was that it could unleash religious and ethnic conflicts. REUTERS

Ukraine rebels free Swedish hostage; President Obama seeks unity against Russia

Ukrainian soldiers in front of an Armored Personnel Carriers guard a checkpoint on the road about 25 kilometers from the eastern Ukrainian city of Slovyansk. / GETTY IMAGES

Rebels. Kiev and Western allies say the uprising is directed by Russian agents.

Pro-Russian rebels in Ukraine freed a Swedish observer on Sunday, but said they had no plans to release seven other European monitors they have been holding for three days.

On the eve of an expected announcement of a mild tightening of Western sanctions against a targeted list of Russians, U.S. President Barack Obama called for the United States and Europe to join forces to impose stronger measures to restrain Moscow.

In Donetsk, where pro-Russian rebels have proclaimed an independent "people's republic," armed fighters seized the headquarters of regional television and ordered it to start broadcasting a Russian state TV channel.

Washington and Brussels are expected, possibly as early as today, to add new people and firms close to Russian President Vladimir Putin to a small list of those hit by punitive measures. REUTERS

Quoted

"We're going to be in a stronger position to deter Mr. Putin when he sees that the world is unified and the U.S. and Europe is unified rather than this is just a U.S.-Russian conflict."
Obama

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Game over. Atari cartridges found in New Mexico landfill

Documentary filmmakers digging in a New Mexico landfill on Saturday unearthed hundreds of "E.T. the Extra-Terrestrial" cartridges, considered by some the worst video game ever made and blamed for contributing to the downfall of the video game industry in the 1980s.

Some gamers speculate that thousands or even millions of the unwanted cartridges made by Atari were buried in a landfill in Alamogordo, about 200 miles southeast of Albuquerque.

Who dumped the videos, how many they buried and why they did it inspired the dig and a documentary of the event by Microsoft Corp.'s Xbox Entertainment Studios.

The game was a design and marketing failure after it was rushed out to coincide with the release of Steven Spielberg's 1982 hit movie "E.T. the Extra-Terrestrial," and it contributed to a collapse of the video game industry in its early years.

REUTERS

Gruesome scene

Calif. mother faces murder charges for stabbing baby

A California woman found wandering in a park carrying a bloodied baby faced murder charges on Sunday on suspicion of stabbing and killing her 7-month-old son, police said.

The 24-year-old woman, whose identity has not been released, was arrested on Saturday after police found her holding her dead baby while walking through Del Valle Regional Park, about 50 miles east of San Francisco.

"Officers on the scene at the time attempted to resuscitate the child and were unsuccessful," East Bay Regional Park District Police Chief Timothy Anderson told reporters.

The baby had been stabbed multiple times, Anderson said. REUTERS

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Syria. Self-imposed deadline for destroying chemicals is missed

Syria appeared to have missed a self-imposed deadline to get rid of all its chemical weapons by April 27, as the United Nations announced that more than 92 percent of the arsenal had been shipped out of the country or destroyed.

The U.N. deadline for the total destruction of Syria's chemical weapons is June 30, but the Syrian government had vowed to complete the removal of its 1,300 tons of chemical substances on April 27, after missing several deadlines.

Sigrid Kaag, head of the joint mission of the United Nations and the Organization for the Prohibition of Chemical Weapons, told reporters in Damascus that the UN hoped Syria would meet the June deadline.

"A few days ago we were able to announce and confirm that over 92 percent of Syria chemical weapons stockpile has been removed or destroyed in the country," she said. "This is significant." REUTERS

Tripoli court

Gaddafi's son, former officials face charges

SAIF AL-ISLAM
GETTY IMAGES

The son of late Libyan leader Muammar Gaddafi appeared via video link on Sunday with 22 others to hear charges in a Tripoli court ranging from war crimes to corruption in a major test of whether the state can implement the rule of law.

Saif al-Islam, the most high-profile of Gaddafi's seven sons, smiled and looked confident on the link-up from a jail in the western town of Zintan where he has been held since he was captured by former rebels.

The rebels refuse to hand Saif over, saying they do not trust the government to ensure he won't escape, but have agreed to have him tried in a government court. REUTERS

South Korean PM resigns over the government's response to ferry disaster

Tempers flare. Recovery efforts have been slow, with shifting information coming from the government.

A relative weeps before yellow ribbons at Jindo harbor where relatives of family members of the ferry are waiting for developments in the search-and-recovery operations. / GETTY IMAGES

South Korean Prime Minister Chung Hong-won announced his resignation on Sunday over the government response to the ferry disaster — in which it was first announced that everyone had been rescued — focusing attention on poor regulatory controls.

The Sewol ferry sank on a routine trip south from the port of Incheon to the traditional holiday island of Jeju on April 16.

The children onboard the Sewol were told to stay put in their cabins, where they waited for further orders.

South Korea, Asia's fourth-largest economy and one of its leading manufacturing and export powerhouses, has developed into one of the world's most technically advanced countries, but faces criticism that regulatory controls have not kept pace.

As part of the investigation, prosecutors raided two shipping safety watchdogs and a coast guard office. They have also raided two vessel service centers, which act as maritime traffic control.

Chung's resignation was approved by President Park Geun-hye, who has the most power in government, although her spokesman said later that he would remain in post until the rescue operation was completed.

"Keeping my post is too great a burden on the administration," a somber Chung said in a brief announcement. "On behalf of the government, I apologize for many problems from the prevention of the accident to the early handling of the disaster.

"There are too many irregularities and malpractices in parts of society that have been with us too long, and I hope those are corrected so that accidents like this will not happen again." REUTERS

Victims

300

More than 300 people, most of them students and teachers on a field trip from the Danwon High School on the outskirts of Seoul, have died or are missing and presumed dead.

187

The confirmed death toll on Sunday was 187.

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Mountain model

Everest tragedy exposes big business

Blogging from Everest base camp after 16 sherpas were killed by an avalanche, American climber Ed Marzec lamented: "I am shamed by our greed and embarrassed by our lack of compassion."

Expressions of sympathy and regret were not enough, however, for the Nepali guides who take breathtaking risks to help Western clients scale the slopes of Everest and realize the ultimate conquest.

There was fury among the roughly 400 sherpas at base camp after the April 18 accident on the perilous Khumbu icefall, the single deadliest disaster on the world's highest mountain.

Chanting, pumping their fists and threatening violence, a group of young sherpas forced an expedition boycott that now looks almost certain, for the first time, to write off a whole season for hundreds of would-be summiteers.

A mountaineer / GETTY IMAGES

By the numbers

$400

After the recent accident, Nepal announced a payment of around $400 to the victims' families to cover funeral costs.

The sherpa backlash, which had simmered for years as a cutthroat business expanded, could deal a blow to the commercial expedition industry that took off in the mid-1990s — pushing costs for climbers even higher.

At the top of the Everest supply chain are "clients" from around the globe who pay tens of thousands of dollars to Western mountaineering firms. Then there are Nepali middlemen and the government who take a cut, the shoestring local agents and finally the guides, who can earn as little as $1,000 a season.

Much of the sherpas' anger was directed at the Himalayan nation's government, which receives a $10,000 "royalty" from every Everest climber in a group of seven.

"This is something of a wake-up call for the government," said expedition leader Phil Crampton of New York-based Altitude Junkies, who flew last week from base camp to Kathmandu, the capital, for emergency talks with officials on the sherpas' clamor for compensation and higher insurance cover. REUTERS

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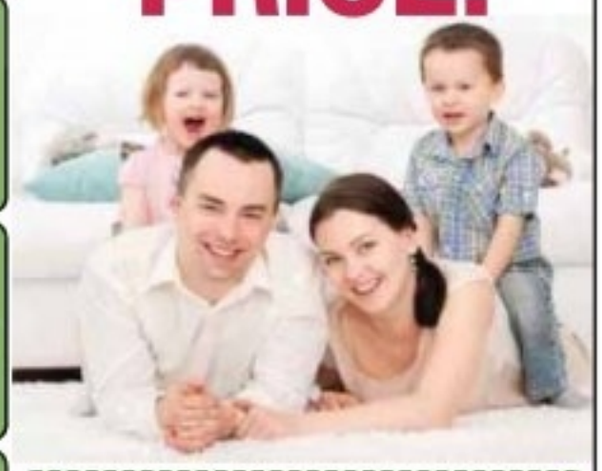

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Twitter feed

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Joan Rivers is reporting the news, Ricky Gervais is starting to understand how the Web works, Mark Duplass is feeling nostalgic and Liam Payne just wants some peace and quiet.

@Joan_Rivers: Justin Bieber was detained at LAX. Customs probably thought he was smuggling 14 illegal aliens in those saggy pants.

@rickygervais: I am offended by your opinion, & since I couldn't possibly ignore you or control my emotions, I demand you never express your opinion again.

@MarkDuplass: I miss being small enough to use my dad's t-shirts to sleep in. I wish my dad was 12 feet tall.

@Real_Liam_Payne Hi everyone I hate doing this because I sound a d— but please keep the noise down outside it's 6am and everyone is sleepy mouses thanks

Meet George Clooney's fiancee

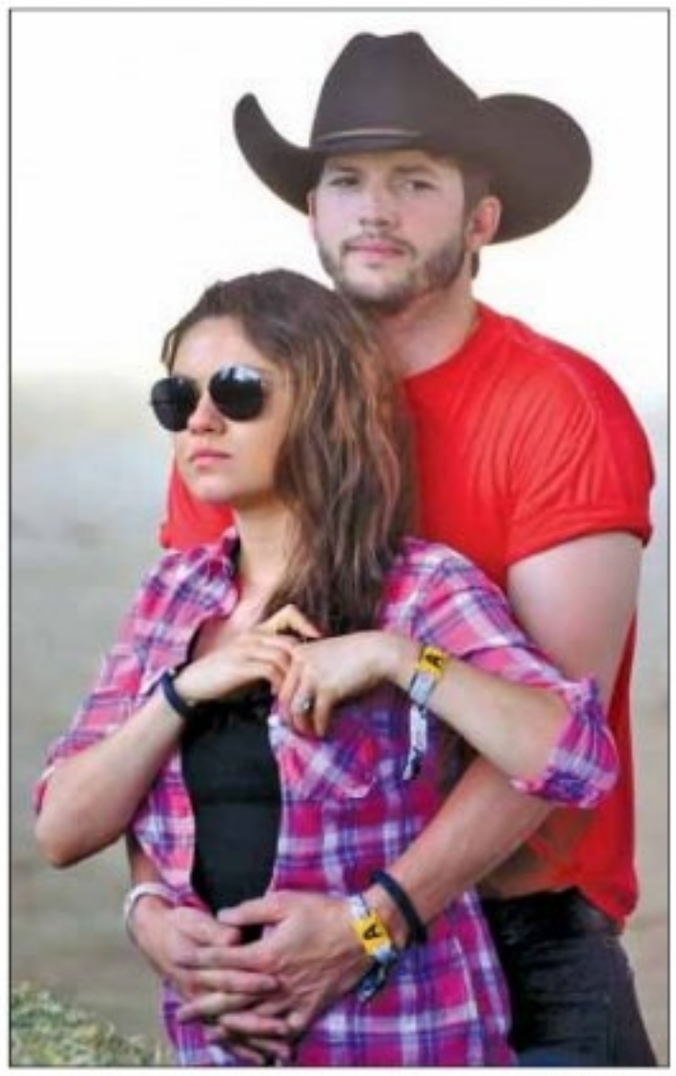
The world almost fell off its axis this weekend when it was announced that George Clooney, 52, who has spent decades stating his hatred of marriage, has asked girlfriend Amal Alamuddin, 36, to marry him, People magazine confirms.

"George and Amal are trying to keep things very low-key, but they also aren't really trying to hide this, it doesn't seem," a source says. "I think it's like they want the people they love to know that this is real, that they plan on being together forever."

Clooney and Alamuddin, a British human rights attorney, were first rumored to be dating in October when they were spotted stepping out together in London. Alamuddin, who gives single, mid-30s women around the world some hope, was seen donning an impressive diamond engagement ring at a dinner with Cindy Crawford and Rande Gerber in Malibu on Thursday.

This will be the second marriage for Clooney. He was married to Talia Balsam, who is currently married to John Slattery — aka Roger Sterling from "Mad Men" — from 1989 until 1993.

Amal Alamuddin was in New York in March. / GC IMAGES


GETTY IMAGES

Kutcher, Kunis and fetus go country

Ashton Kutcher cupped fiancee Mila Kunis' pregnant belly during Stagecoach, country music's version of Coachella, on Friday in California. The two later got onstage during Lynyrd Skynyrd's set, a fact which makes me question everything I thought I knew about Ashton Kutcher and Mila Kunis.

Talking points

Schreiber and Watts to wed

It took them some time to work out their differences, but Naomi Watts and Liev Schreiber are reportedly ready once again to walk down the aisle, according to Radar Online. "While Noami and Liev have had their ups and downs, including a canceled New Year's Eve wedding right before 2008, they've finally worked out their differences and are rethinking marriage," a source says of the couple, who have been together for nine years and have two sons together. "Liev really admired how Naomi rose above the flak she got for 'Diana' — a role he really thought she'd win awards for. She was totally brokenhearted over that movie, and Liev has played a huge role in getting her confidence back so she could carry on with four more films she has in production."

Paltrow 'smug' about easy divorce

Gwyneth Paltrow's separation from Chris Martin is apparently going so smoothly that her friends are reportedly fed up with how smug the Oscar-winning actress has become about it, according to Radar Online. "'Conscious uncoupling' has become a joke among Gwyneth's friends. All she's doing is bragging about how peaceful her divorce is and how she and Chris planned it so perfectly that it is hardly disrupting their lives," a source says. "Gwyneth has always thought she had the most perfect life, and even though she's getting a divorce and both of them are getting bad press, she doesn't care. She has become insufferable, saying how happy she is with the way everything is evolving. It's so ridiculous to listen to her talk as if nothing bad is going on at all for her. But Gwyneth has always had a protected, privileged life, and this is no different."

Netflix to bring back 'The Killing'

The fourth and final season of "The Killing" will be available to Netflix subscribers from Aug. 1, the video platform has announced. Consisting of just six episodes (compared to 12 or 13 in previous seasons), the show's final run will conclude the story of the detectives Sarah Linden and Stephen Holden, played by Mireille Enos and Joel Kinnaman.

AMC launched the crime drama in April 2011, canceled it the following year, revived it in spring 2013 and then re-canceled it in the fall. To the delight of fans, Netflix stepped in to bring the show back for one last investigation, in which the show's detectives will look into a murder at a military academy. AFP

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RZA

The hip-hop legend talks Paul Walker, bringing parkour to America with "Brick Mansions" and the Wu.

BRING DA RUCKUS

Rza's latest acting gig is in the action film "Brick Mansions." / GETTY IMAGES

When we sit down with hip-hop legend Rza in the lobby of L.A.'s fancy Arclight movie theater, he's a bit glum. It turns out the interviewer directly before us had ended on a Paul Walker question, and Rza is still preoccupied with thoughts of his late "Brick Mansions" co-star. Luckily, a little talk about reinvigorating the music business perks him up.

What were some of the highlights of working with Walker?
His energy, his spirit. He was uppity, daring. He just brings a smile to the atmosphere. One of my favorite days was when he and his other buddies joined us. You can meet somebody and you get a feel from hanging with them, but then when you meet their buddies you get to know even more.

This is based on a French film, 'District B13,' which basically introduced parkour. How does it translate to an American setting?
Us that are in the know, we are always ahead of the rest of the country. Like when "Ong-Bak" came out and "Chocolate" came out, we saw those movies, knew the moves and loved Tony Jaa. The [rest of America] didn't know. They had to wait to see "The Avengers" to see those moves. ... Let's give another example: By the time break-dancing reached America, we were already up to levels of spinning on our heads. [Laughs] There's a second generation of parkour artists now. And it takes that. Drake just put a song out, "Wu-Tang Forever," on his new album, but it's 20 years later for us. That's how art grows.

Does that mess with you, thinking about how much time has passed?
Time is just this thing that you can't grab a hold of its tail, kid. You've got to accept time. So it doesn't mess with me. I just pray for 20 more [years], 30 more. I love this planet, I love life.

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Beats and rhymes

Re-enter the 36 Chambers

You announced a single-copy Wu-Tang album. Does this mean that even you won't have a copy?
Exactly. It'll be out of my hands. I've been thinking of a way to make music artistically tangible and appreciated in a way that takes it back from the digital domain. I think I've got some solutions, and this is one of them — to treat it as what it is: a piece of art.

My goal is to help bring that awareness back, and this is one way of doing that. The idea was that this is a piece of art that can be exhibited like a piece of art — and should be exhibited like art. So we've started working on all the parameters of what's going to make it logical, what's going to protect the integrity of the art, what's going to protect the movement that we want — as well as what's going to kind of raise the bar in the corporate world of music, kind of change the dynamic of it.

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On death and not dying

See more at www.metro.us

Interview. Tilda Swinton says one should keep a positive attitude about the end.

Tilda Swinton plays a 5,000-year-old vampire in Jim Jarmusch's "Only Lovers Left Alive." / GETTY IMAGES

For someone who oozes rock star magnetism, Tilda Swinton is very approachable and friendly. She's upbeat even when discussing something as potentially grim as "Only Lovers Left Alive," Jim Jarmusch's oddball vampire movie. In it she plays Eve, a 5,000-year-old bloodsucker in a committed relationship with Tom Hiddleston's Adam, a brooding musician who is 4,500 years her junior.

On death

"I think that anything, any piece of work that's about immortality is essentially about mortality. Any discussion about immortality will be about how we're all in a cul-de-sac. It's coming for us all. It's even coming for [Eve and Adam], sooner or later. I mean, the stars are coming down, eventually. Even in another 2,000 years, it will all end."

On the film as a positive relationship movie

"We wanted to show a long relationship between people who were really communicative with each other and really, really into each other. They're good for each other, so when one of them gets down the other one can really help. That just feels real, and it feels unexplored. We're always seeing relationships start or we see them end. But we rarely see them just play out."

On Eve and Adam's specific relationship

"They dig each other, even though they're so different. That was another thing: to show a relationship between two people who are so different. We're so used to seeing people changing themselves for each other. They're chalk and cheese. They're yin and yang, and yet they really like each other."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Keeping the faith

On how every movie should take 11 years to make (though this took eight)

"I love the long gestation period. It does have its tough moments, when you wonder if you're ever going to do it. I have a great track record [with films happening]. That means I'm pretty relaxed in that long gestation period because I know, when that money finally comes through, we're going to have to run. Whatever it is you think you should have been doing, it just takes time."

An odd couple

On her onscreen lover

"Adam is laboring under immortality. He wants a way out. He wants to go. It's too much for him. And [Eve] manages to retain her perspective, not by just surviving, but by being so wired into nature. Nature is constantly dying and being renewed. She's able to have that perspective because she totally accepts death. I would suggest that the more one accepts that it's on its way, the more relaxed one can be and forget about it."

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'Other Woman' gets its revenge

Box office. The female-driven comedy overcame low expectations to score big with audiences.

"The Other Woman," a female-centered comedy about marital infidelity, elbowed aside three-time box office champion "Captain America: The Winter Soldier" to win the race at U.S. and Canadian theaters this weekend.

"The Other Woman" had ticket sales of $24.7 million, while "Captain America: The Winter Soldier" took in $16 million, bringing its total domestic sales since its April 4 release to $225 million.

The PG-rated faith-based drama "Heaven Is for Real" came in third with $13.8 million for the period of Friday through Sunday.

"The Other Woman," starring Cameron Diaz and Kate Upton as women dating the same married man, overcame largely negative reviews to far surpass industry expectations of an opening weekend in the region of $17 million.

Leslie Mann, Cameron Diaz and Kate Upton freak out that people saw "The Other Woman." / BARRY WETCHER

"Heaven is for Real" is the fourth faith-based film this year to generate impressive box office returns, including "Noah," which stars Russell Crowe as the biblical figure and is approaching $100 million.

The animated film "Rio 2," also from Fox and featuring the voices of Jesse Eisenberg and Anne Hathaway as blue Spix macaw birds, was fourth with ticket sales of $13.7 million. It follows recent hit animated films like "Frozen" and "The Lego Movie."

"Brick Mansions," an action film featuring parkour and starring the late Paul Walker, rounded out the top five with ticket sales of $9.6 million.

The 40-year-old Walker, a star of the "Fast and Furious" car racing movie series, was killed on Nov. 30 in a fiery single-car accident while driving with a friend after leaving a charity event in Valencia, California. REUTERS

Top 5 earners

1. 'The Other Woman,' $24.7 million
2. 'Captain America: The Winter Soldier,' $16 million
3. 'Heaven is for Real,' $13.8 million
4. 'Rio 2,' $13.7 million
5. 'Brick Mansions,' $9.6 million

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Tune in

Catch "America's Best Cook" on the Food Network on Sundays at 9 p.m.

Cat Cora is helping home cooks work their way to the top. / GETTY IMAGES

From home cook to head chef, with culinary pro help

Prep cooks. Cat Cora teaches an Iron Chef's ways to eager amateurs.

Cat Cora may have mastered the world of Iron Chefs, but she's trying something new in her latest show on the Food Network, "America's Best Cook." She and three other celebrity chefs are setting out to find the best home cooks in the country.

They're each in charge of cooks from their own home region, with Cora working with the Southern cooks and Alex Guarnaschelli, Tyler Florence and Michael Symon divvying up the rest of the country.

Cora says the show is "like 'The Voice' meets cooking" and says she wanted to get involved because of how much she loves mentoring young people.

The participants all come from different walks of life (one early contestant was a correctional officer at a prison) but share one thing in common: a lack of culinary training. Don't be fooled, though. These contestants are anything but unskilled.

"We were absolutely blown away by all of them," Cora says, praising "how great they were, and how fast on their feet, and how they work under pressure, and the food that they were able to execute."

Cora especially loved the chance to work with her old Food Network colleagues on a new show. "We're all old pals. We all go way back," she says.

That's not to say there wasn't a little trash talking going on among the mentors.

Despite the fact that she and Guarnaschelli have "a camaraderie about being the only two female Iron Chefs," Guarnaschelli is apparently an excellent trash talker, according to Cora. "She gets in there and stirs the pot, for sure," she says. "We were smack talking on Twitter a little bit. It was fun. It's what makes it exciting."

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Training

The chicken or the egg

If you're looking to improve your own kitchen skills, Cora is here to help. Step one? "Learn to roast a great chicken. That's a really good dish," she says.

One of the first things up-and-coming chefs are tested on is making an omelet. "It seems like the easiest thing in the world to make, and it's not," Cora says. "It's one of the hardest things to make to get it just perfect."

If you're ready to enter Iron Chef territory, speed up. "Work on cutting and chopping an onion really fast," Cora recommends. Even a grill-off with friends can be a good way to get used to cooking under pressure. But be zen about it: "When you start feeling like you're going off the rails, just look back down at your food. Just look back down at your cutting board — your food is sitting right there, and you'll get right back in."

Quoted

"We were absolutely blown away by all of them [and] how great they were, and how fast on their feet, and how they work under pressure, and the food that they were able to execute." Cora, on the contestants on "America's Best Cook"

TV watch list

COMEDY

'2 Broke Girls'

The ladies head to a racetrack where Caroline lets things get a little out of hand. Only bet on the winners, Caroline.
CBS, 8 P.M.

COMEDY

'Mike and Molly'

Mike books Molly's literary idol for driving under the influence. Maybe he can get a book signed for her. **CBS, 9 P.M.**

DRAMA

'Castle'

A professional skateboarder is killed by a motorcyclist, so Castle and Beckett investigate the world of extreme sports to learn more.
ABC, 10 P.M.
LISA WEIDENFELD

REALITY

'Dancing with the Stars'

Guest judge Ricky Martin shows everyone how it's done in the Latin dancing category.
ABC, 8 P.M.

If anyone knows what Latin dancing should look like, it's this guy. / GETTY IMAGES

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PLUS

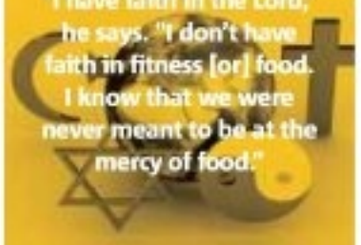
O come all ye faithful

Have mercy

Though the book uses biblical inspiration to motivate readers, the diet, he says, can work across all faiths.

"PrayFit is a way to serve God, serve others," Pena says. Skeptics don't bother him.

"I have faith in the Lord," he says. "I don't have faith in fitness [or] food. I know that we were never meant to be at the mercy of food."



Can the power of prayer help you lose weight?

Diet. A new book claims it's true.

For veteran fitness writer Jimmy Pena and the followers of the PrayFit diet, losing weight is about much more than the reflection staring back at you.

"It's not about the mirror," Pena says. "It's about the one we're trying to mirror."

In "The PrayFit Diet," Pena explains his faith-based approach to weight loss. Harnessing the power of prayer, Pena believes, allows for the nourishment of the soul and the pursuit of a life that is both spiritually and physically healthy. The book is a mix of advice, recipes, meal plans and journal exercises. For Pena, fitness is a way of serving and living his faith. The plan sees health as a means of worship.

Pena calls the realization that faith and the body are connected a real paradigm shift.

"You say, 'I'm going to put my faith to work, because I believe I've been called to live abundantly,'" Pena says.

One of the key elements to the PrayFit Diet is balance. It maintains a 33 percent balance between protein, carbs and fat, which, according to research, can lead to increased energy, decreased inflammation, improved cholesterol and healthier blood sugar levels.

"It's an inclusive, 'embrace food' type of plan," Pena says.

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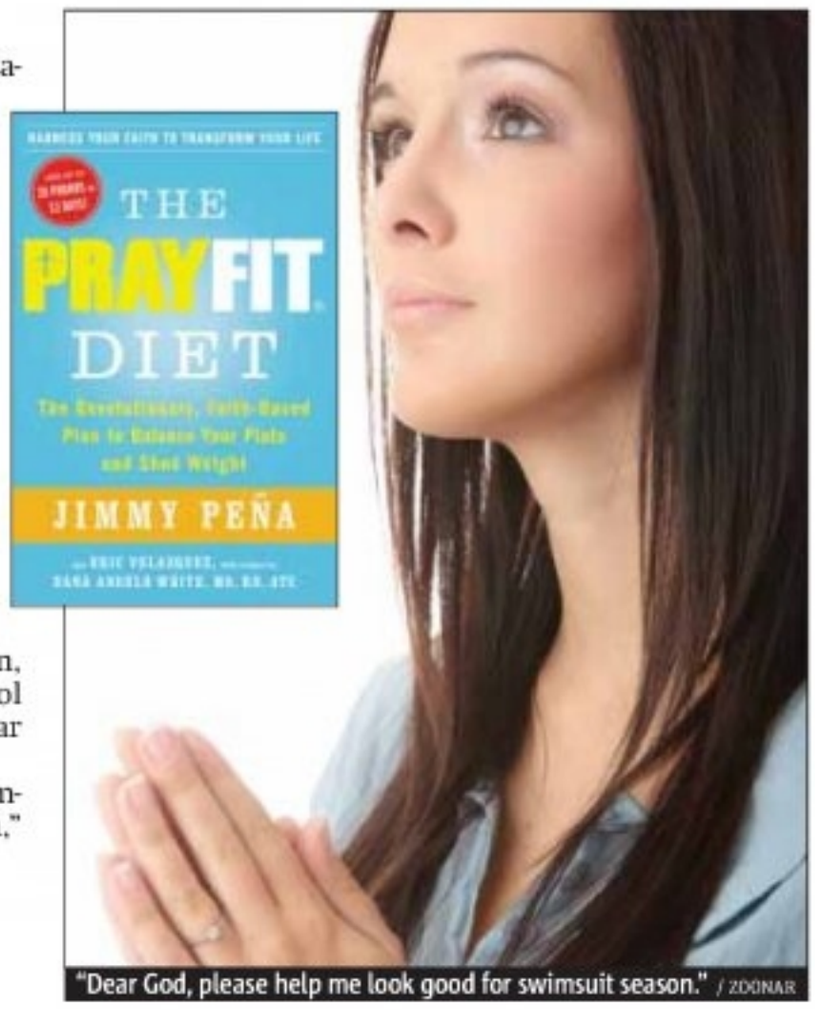

"Dear God, please help me look good for swimsuit season." / ZOONAR

The dietician says

Is the diet legit?

"One of the major factors that holds people back from being successful with weight loss is lack of motivation," says registered dietician Erin Palinski. "If you feel that losing weight and improving health is your way of showing praise to God (or any higher being), this extra motivation can be a great way to help you stay focused and on track."

However, Palinski worries that the balance the diet emphasizes may not work for everyone.

"The diet focuses on 33 percent protein/carbohydrates/fat, which may be too restrictive for some people to maintain long-term," Palinski says. "With only 33 percent of calories coming from carbohydrates, this low-carb diet may cause some individuals to suffer from a lack of energy, which can make staying on track challenging."

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Obama: Teachers must be prepared

Getting schooled. President instructs the Department of Education to evaluate teacher training programs.

Having an unprepared teacher isn't fair to any of the students, the White House says. / PHOTODISC

President Barack Obama has directed the Department of Education to craft rules to evaluate teacher training programs amid concern that too many new teachers are walking into classrooms unprepared for the job, the White House said on Friday.

By this summer, the department will propose regulations to strengthen teacher preparation programs and, after a period of public comment, will aim to publish final rules on the matter within the next year, the White House said.

Education Secretary Arne Duncan told reporters poor teacher preparation programs produce teachers "who are underprepared, who are ineffective and who are frustrated."

"That's simply not fair to those teachers, or to aspiring teachers, or to their students," Duncan said.

Duncan has been a sharp critic of these programs. He has said universities too often treat schools of education as a "cash cow" because they are comparatively cheap to operate, yet attract a high enrollment.

He also has said most of the programs "are doing a mediocre job" of preparing teachers for the realities of the classroom.

"The administration will encourage and support states in developing systems that recognize excellence and provide all programs with information to help them improve, while holding them accountable for how well they prepare teachers to succeed in today's classrooms and throughout their careers," the White House said in a statement.

A 2013 review by the National Council on Teacher Quality, a group that favors strengthening standards for teachers, looked at 2,420 teacher preparation programs in 1,130 institutions of higher education across the country.

It found that 93 percent of the programs failed to ensure that candidates were assigned to highly skilled teachers during student-teaching duty. It also found that only 23 percent were doing enough to provide teacher candidates with strategies to fix classroom behavior problems.

Almost two-thirds of new teachers report that their programs left them unprepared, according to the White House.

"Other countries, as we know, are today outperforming us educationally. We don't think that's fair to our students. We don't think that's fair to our teachers. And we don't think it's good for our nation," Duncan says. REUTERS

By the numbers

93%

A 2013 review by the National Council on Teacher Quality looked at 2,420 teacher preparation programs in 1,130 institutions of higher education across the country and found that 93 percent of the programs failed to ensure that candidates were assigned to highly skilled teachers during student-teaching duty.

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3 WAYS TO STAY MOTIVATED AT WORK

Maybe it's because of the bad economy or maybe it's just bad luck, but many employees feel stuck at their jobs. Are you one of them? Here are three ways to get motivated in your own workplace so you can become as productive as possible and achieve a higher level of success at your company.

Don't let this be you: Choose projects that keep you invested. / LIQUID LIBRARY

Focus on one goal at a time

If you write down one goal to accomplish each day, it's much easier to be focused and more motivated. When you have multiple goals, it can be hard to be motivated because you are overloaded and you don't feel like you can do them all. When that happens, you feel like you're a failure or lazy, both of which are probably not true. You just don't have enough energy to do everything.

Choose the right goals

You will be very motivated if you select goals that you're excited about. It will be easy to put the time and energy into a goal that you're really interested in, instead of one you're just doing because you have to.

Schedule breaks in your day

If you're constantly working, you'll get burned out. Make sure you schedule breaks for yourself so that you can loosen up and recover the energy that you lost. Take 10 minutes off after you complete a certain amount of work. For your breaks, you could take lunch, go get a coffee or just talk to others at the office.

Jobs Advice

DAN SCHAWBEL
DANSCHAWBEL.COM
Dan Schawbel is a workplace expert, keynote speaker, and author of the New York Times best-selling book, "Promote Yourself: The New Rules For Career Success."

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Horoscope

♉ Taurus | April 21-May 21. Your unselfish nature is likely to damage your health. You must find a way to turn down demands.

♊ Gemini | May 22-June 20. Don't be coerced into making a quick decision until you are sure that you have a true picture of the situation. Some information is being withheld.

♋ Cancer | June 21-July 22. Develop a partnership with someone you want to work alongside. Participate in a worthy cause. You are likely to meet someone who can influence your future.

♌ Leo | July 23-Aug. 22. Less talk and more action will help you avoid trouble. Expect uncertainty. Resist the urge to add to your current workload.

♍ Virgo | Aug. 23-Sept. 22. New endeavors will develop. Increased knowledge and a chance to travel will provide a wider range of possibilities.

♎ Libra | Sept. 23-Oct. 22. Be diligent regarding your regimens. You need to stay healthy to keep up with your daily demands. Start saving and check out affordable investments.

♏ Scorpio | Oct. 23-Nov. 21. People you have helped in the past will be glad to return the favor. Love is in the air.

♐ Sagittarius | Nov. 22-Dec. 21. Plan your career path strategically, and push to reach your goals. You will gain support if you share your enthusiasm with productive people.

♑ Capricorn | Dec. 22-Jan 20. Do what you enjoy the most today. Whether you visit a spa or stay at home, you deserve a little relaxation. Fill your calendar with self-indulgences.

♒ Aquarius | Jan. 21-Feb. 18. Uncertainty is likely to plague your personal life. You can improve the situation if you share your thoughts.

♓ Pisces | Feb. 19-March 20. Act quickly so that you'll be able to take advantage of a new opportunity. Get together with a friend. Romance is highlighted.

♈ Aries | March 21-April 20. Make amends with someone you may have let down or disappointed. Your emotions will be out of control. Be honest.

BERNICE BEDE OSOL

Sudoku: Easy and hard

		3			9	5		
2			1				9	
	9			2	3		7	
	3		6					4
4			7		5			9
9					2		6	
	1		8	6			2	
	4				1			8
		8	9			3		

			6	9		5	1	
1	5		2					
7	6		5	4		2		
		6		1				
4								9
				7		3		
		3		2	5		6	8
					4		3	2
	8	1		6	3			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Tout the American dream here at home, not overseas

As if our president isn't busy enough as the self-anointed enforcer of the old Soviet borders (e.g. Ukraine), now he's issuing threats to China. Where will he lead us next? I say it's time for Mr. Obama to take a deep breath and recognize the arrival of a multi-polar world; a world in which the USA is but one power and no longer The Power in complete control of the planet. And rather than pursuing a misguided globalism through confrontation, intimidation and sanctions, I think it's time to use our fabulous resources here at home, for our own common people — not the privileged few and certainly not the despots and juntas we bankroll overseas to selectively impose our "values."

Yes, let's put our great wealth to work for America and in America, and welcome those who wish to come here to work and live legally, and to pay taxes, and to have their own shot at the American dream.

In Obama, I voted for a statesman. All I got was another politician serving the same old special interests of power and greed.

HENRY G. BRECHTER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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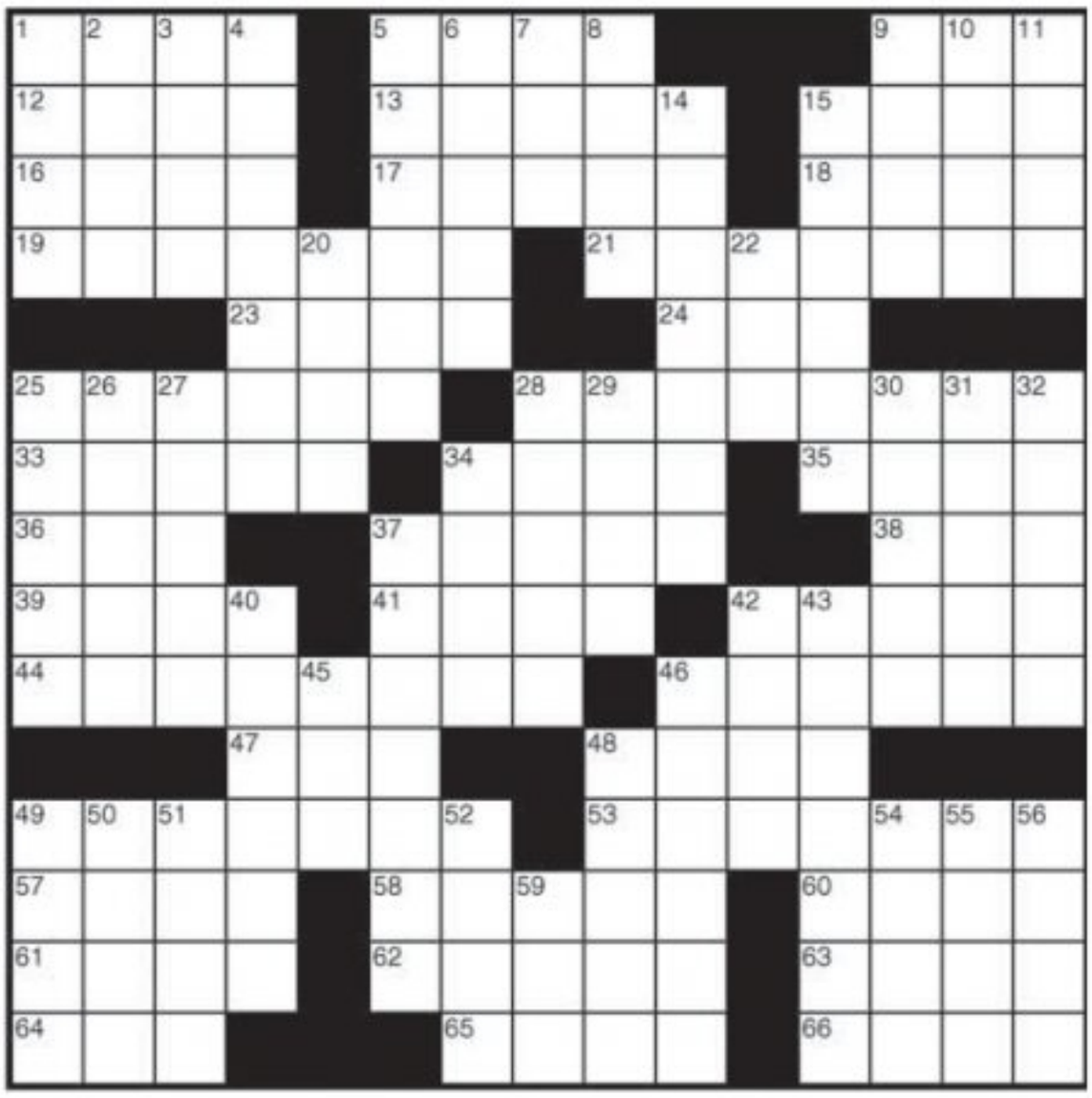
Interactive Crossword

Crossword

Across
1 Swell, as a river
5 Demonstrate
9 Fergie's daughter
12 Absorbs, as costs
13 Solitary type
15 Glove compartment items
16 Personality parts
17 Blank a tape
18 Freezes over
19 Brought down
21 Junk jewelry
23 "No way!"
24 Perfume label word
25 Spain's Bay of —
28 More meager
33 — ear
34 Upstream spawner
35 Slight advantage
36 Chiang — — shek
37 Jetties
38 Comic-strip prince
39 They may be split
41 Country addrs.
42 Giggle (hyph.)
44 Check into (2 wds.)
46 Reduce in rank
47 Dew glistener
48 Clutch
49 Tiny chirper
53 Heavy surf
57 Rochester's Jane
58 Ford predecessor
60 Touch up
61 Within sight
62 Bellyache
63 "Physics" intro
64 Cookbook amt.
65 Even
66 Unforeseen problem

Down
1 Lurch
2 "Othello" heavy
3 Pack away
4 Very lifeblood
5 Yawning
6 Multitude
7 Off — — tangent
8 Frontier, once
9 Support
10 Pentathlon event
11 Off. helper
14 Goes over again
15 Hour fraction
20 Thunder
22 John, in Aberdeen
25 Kids' wheels
26 Ridiculous
27 Nastily derogatory
28 Cheap ghost costume
29 Airport rentals
30 The Gem State
31 Heron
32 Ms. Zellweger
34 In — (as found)
37 Digging deep
40 Finn's pal
42 Greenish-blue
43 Badges
45 Futon or pallet
46 Talked on and on
48 Fumble
49 Where Canterbury is
50 Nay opposites
51 Bushwhack
52 Soap target
54 Blissful spot
55 Moreno or Rudner
56 Bachelor's party
59 Sundial numeral

Weekend's answer



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3 SPORTS

Oh, shoot

Flyers have a potent attack

For the fourth straight game this playoff series, the team with the most shots on goal took the loss. Sunday, the Flyers tallied 26 shots to the Rangers' 22. The Flyers have also been great on special teams, killing 11 straight New York power plays.

Flyers falter at MSG, must win two straight

NHL. The Flyers fell behind early and couldn't close the gap in a big loss to the Rangers.

Like every other game in their seven-game series against the Rangers, the Flyers fell behind early.

But unlike their wins in Games 2 and 4, Philadelphia did not have a comeback in its back pocket in Game 5. After Sunday's 4-2 loss, the Flyers return to Philadelphia needing to win two straight to advance to the second round.

"We lost the game in the first period, our execution in general," Flyers coach Craig Berube said. "We had some opportunities two-on-one. There were plays that if we executed, we would have had success but we didn't execute."

Trailing 3-1 with just a few minutes left, Claude Giroux struck with his first goal in the playoffs, cutting the lead to a single goal for one fleeting moment.

But there was no miracle to be found when the Rangers found the empty net with 15 seconds left, icing the game.

"We put ourselves in that situation again," Giroux said of playing from behind again. "We need to have a better first period and when we have chances they need to go in."

EVAN MACY
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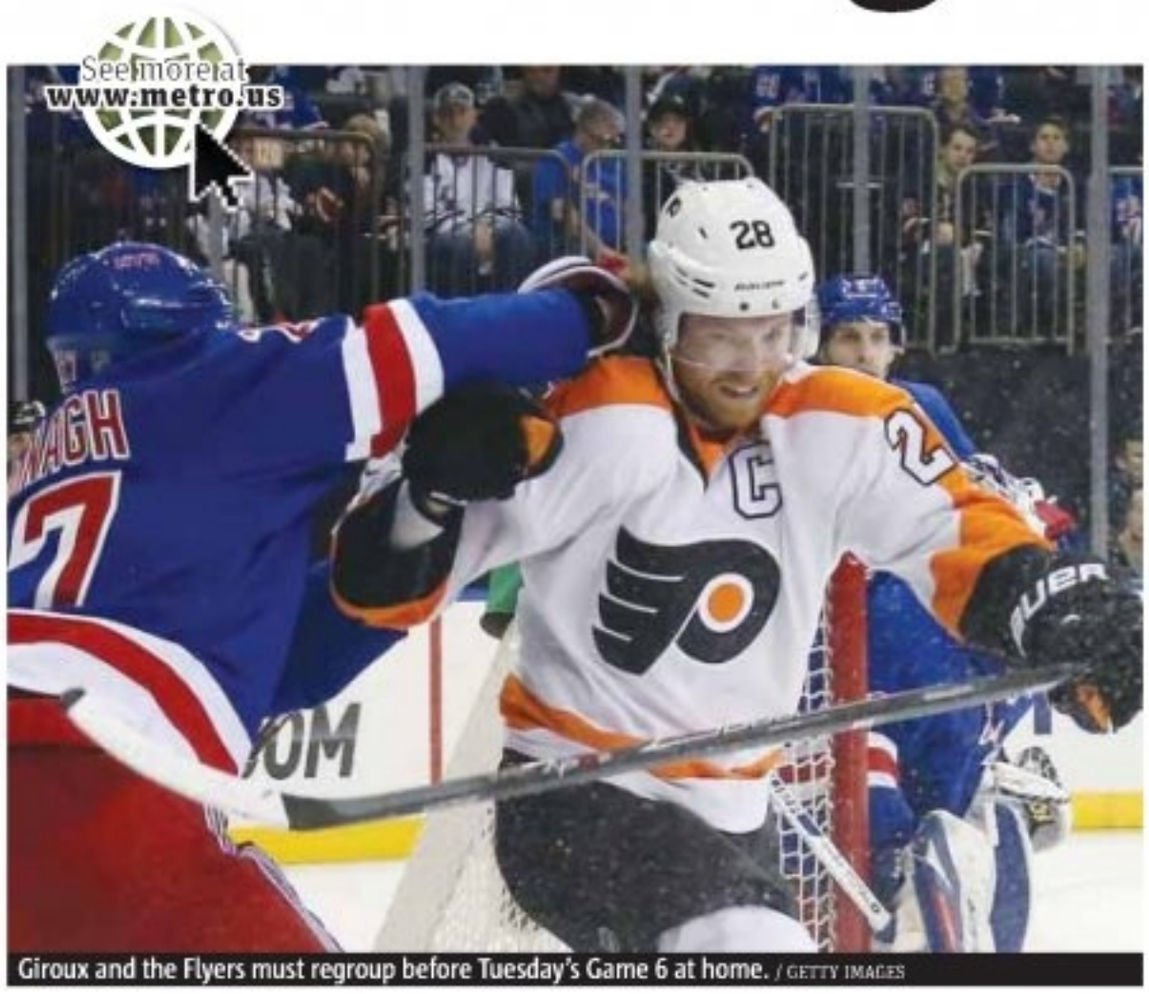

Giroux and the Flyers must regroup before Tuesday's Game 6 at home. / GETTY IMAGES

Giroux heating up

Flyers captain playing like a leader

Claude Giroux was slow to get rolling in the 2014 playoffs, but his clutch goal in the waning moments of the third period Sunday gave the Flyers a chance.

"When we pull our goalie, the guys are working extremely hard — we become a dangerous team — but we can't be relying on late comebacks. We have to make sure we are playing a full, whole game that is a lot stronger than we have been playing."

Giroux was also dominant when the puck was dropped, winning 61 percent of his faceoff attempts. EVAN MACY

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With two hits, Chase Utley improved his batting average to .360 Sunday against the Diamondbacks. / GETTY IMAGES

Phils return from road above .500

MLB. The Phillies finished a 10-game western swing at 6-4 with a win over the D'backs Sunday.

A.J. Burnett tossed eight shutout innings, Jonathan Papelbon earned his eighth straight save and the Phillies offense scraped together just enough offense to defeat the Diamondbacks 2-0 Sunday night.

After 10 games out West, the Phillies return home with a 13-12 record (6-4 during the road trip).

The first run came on a Chase Utley single that drove in speedster Ben Revere. Marlon Byrd knocked in the second run, an infield single that drove in Chase Utley (advancing home after a throw hit him as he ran to third).

Revere, Utley and Byrd each had two hits in the game, giving the squad wins in six of their last eight games after losing their first two games of the road trip against the Rockies.

Burnett's masterful performance saw him wring up eight Diamondbacks and lower his ERA to 2.15 for the season.

The Phillies have an off day Monday before hosting the Mets for a pair of games starting Tuesday at 7 p.m.

Quoted

"Coming to the West Coast can be tough at times, but we had a few big wins late, which is always nice."

Chase Utley, second baseman
On WPHT radio after the win

EVAN MACY
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Getting a break

Phillies continue to dodge stars

After missing out on facing Rangers ace Yu Darvish and Dodgers ace Clayton Kershaw earlier in April, the Phillies will host a depleted Washington at Citizens Bank Park this coming weekend.

The Nationals placed slugging outfielder Bryce Harper on the disabled list (thumb) this weekend.

Harper will join another offensive juggernaut on Washington's DL, third baseman Ryan Zimmerman.

The Nationals lineup issues, combined with two days of rest in the next four should give the Phillies a good chance to fend off their NL East foe.

Bryce Harper / GETTY IMAGES

The days off will also allow the Phillies, should they choose, to shuffle their starting rotation a bit, perhaps moving Cole Hamels, Cliff Lee or A.J. Burnett up a day.

The Phillies have two games against the Mets at home on Tuesday and Wednesday nights.

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5 Receivers

The Eagles enter the 2014 NFL draft holding only six picks. This is a significant departure from previous years and less than ideal in a draft most often described as "deep."

It is vital the Eagles make those picks count. Wasted selections hastened the decline of the Reid-era Eagles. By contrast, the NFL's newest model franchise in Seattle just had a seventh-round pick win Super Bowl MVP.

DeSean Jackson's departure has turned receiver from a strength to a question mark as Jeremy Maclin returns from injury and Riley Cooper tries to replicate his breakout season.

Fortunately, this class of receivers is considered one of the deepest and most talented in memory. Couple that with replacing Jackson, and receiver becomes a trendy choice for the Eagles with the twenty-second pick in the first round. Alternatively, the Eagles could wait until the second or third round and still find first-round talent.

Chip Kelly has a reputation for acquiring players he became familiar with during his tenure at Oregon. There are certainly some Pac-12 receivers worthy of interest.

Riley Cooper, Jeremy Maclin and the Eagles receiving corps will need some help next season. / ALL PHOTOS GETTY IMAGES

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Brandin Cooks, Oregon State

Fresh off a season where he won the Biletnikoff award, given annually to the nation's best receiver, Cooks recorded 1,730 yards and 16 touchdowns last season.

Cooks' height (5-foot-10) and speed (4.33 40-yard dash) have led to comparisons to the departed Jackson.

Brandin Cooks

Marqise Lee,USC

"I just want to get the chance to actually play."

Lee won the 2012 Biletnikoff award but followed that with a less productive junior season while battling injuries and coaching changes.

Lee would be a familiar target for Eagles' backup quarterback Matt Barkley, who played quarterback USC during Lee's dominant 2011 and 2012 seasons.

"At the end of the day, I can honestly tell you it doesn't matter which offense I play in," Lee told ESPN.com.

CHIP KELLY AND MARQISE LEE HAVE PAC-12 TIES.
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Eagles should draft

De'Anthony Thomas, Oregon

A wild card is one of Chip's own. Oregon's De'Anthony Thomas was an electric playmaker at running back and receiver for the Ducks scoring 46 career all-purpose touchdowns.

Five of those came on returns, where the Eagles could definitely use another option to help fill the shoes of the departed Jackson.

Kelly likes drafting players he knows, and he knows Thomas.

The 5-foot-9 speedster dropped off a little bit without Chip around in 2013, so a reunion could be great for both.

Thomas believes he can be an impact player in the NFL.

"I just want to be on the field making plays," Thomas told reporters at the NFL combine. "That's what I'm good at, making plays. Just being out in space creating 1-on-1 matchups."

Allen Robinson, Penn State

If the Birds look outside the Pac-12, a name closer to home is Penn State's Allen Robinson.

A two-time All-Big Ten First-team selection, Robinson set the school's season receptions record twice.

He doesn't have elite speed but has good size (6-foot-2) and became known as an impressive route runner in Bill O'Brien's pro-style offense.

Robinson got national attention as a third-team All American and will be young (21 years old), when drafted.

ROBINSON WOULD BE A STEAL FOR THE EAGLES AT THE NO. 22 PICK IN THE FIRST ROUND.

Kelvin Benjamin, Florida State

In a draft where big, athletic receivers are the norm, Florida State's Kelvin Benjamin still manages to distinguish himself.

Benjamin is 6-foot-5 and weighs 240 pounds, numbers more reminiscent of a tight end.

Benjamin led the SEC with 15 touchdown receptions in 2013, and none of them were more important than the game-winner with 13 seconds left in the National Championship contest.

He may lack top-notch NFL receiver speed, but he has an NFL body and has athleticism that will undoubtedly land him in the first round somewhere.

Kelvin Benjamin

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IF YOU HAVE PROBLEMS
For, Enemies* Love* Health*-Family* Marriage* Children* Business* Relationship* job* & bad luck etc.. Specialist in: Bringing Loved ones Back He is an Expert in:destroying & Removing Black magic & witchcraft & obeah and gives life long protection etc.. **Call Now for Advice!**

Rentals

North & West Philadelphia
1-6 bedroom units
New kits, h/w & cpts; w/d too!
1 bd $800+ • 2 bd $1000+ • 3 bd $1200+
4 bd $1600+ • 5 bd $1800+
Section 8 accepted

ITEMS FOR SALE

Southwestern Presbyterian Church Neighborhood YARD SALE
70th & Buist Avenue
Saturday, May 3rd
9am-2pm

MISCELLANEOUS

DIABETIC TEST STRIPS NEEDED Also nicotine patches.
Will pay up to $30 per box.
Will pick-up. Call James 610-453-2525

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$548.32 a month
3 Bedrooms, Excellent condition
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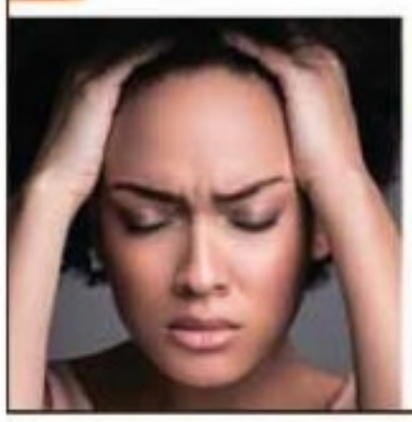
Depressed?

Current Medication Not Helping?



Have you been treated for depression for more than 6 weeks and not getting the response you want?

You may be interested in this clinical research study. Local doctors are conducting a clinical trial for a new investigational medication for major depressive disorder for participants 21 to 70 years of age. Study medication will be provided at no cost. You do not need health insurance to participate.

THE HORIZON STUDY

To find out more details on
The Horizon Study for Major Depressive Disorder
please call:

1-888-256-1148

011614

www.metro.us

Do you have chronic pain after experiencing a traumatic event, such as a car accident, sports injury or surgery?

Has a doctor ever told you that you have post-traumatic peripheral neuropathic pain?

If so, please contact us about our research study.

Qualified participants must:
- Be at least 18 years of age
- Have had chronic, post-traumatic peripheral neuropathic pain for more than 6 months
- Be available for study visits and phone calls over a 17-week period

Insurance is not required and transportation may be available to adults who qualify.

Qualified participants receive:
- Study-related care and investigational medication or placebo at no cost
- Reimbursement for clinical trial-related expenses

For more information, call toll-free **1.866.362.4467**

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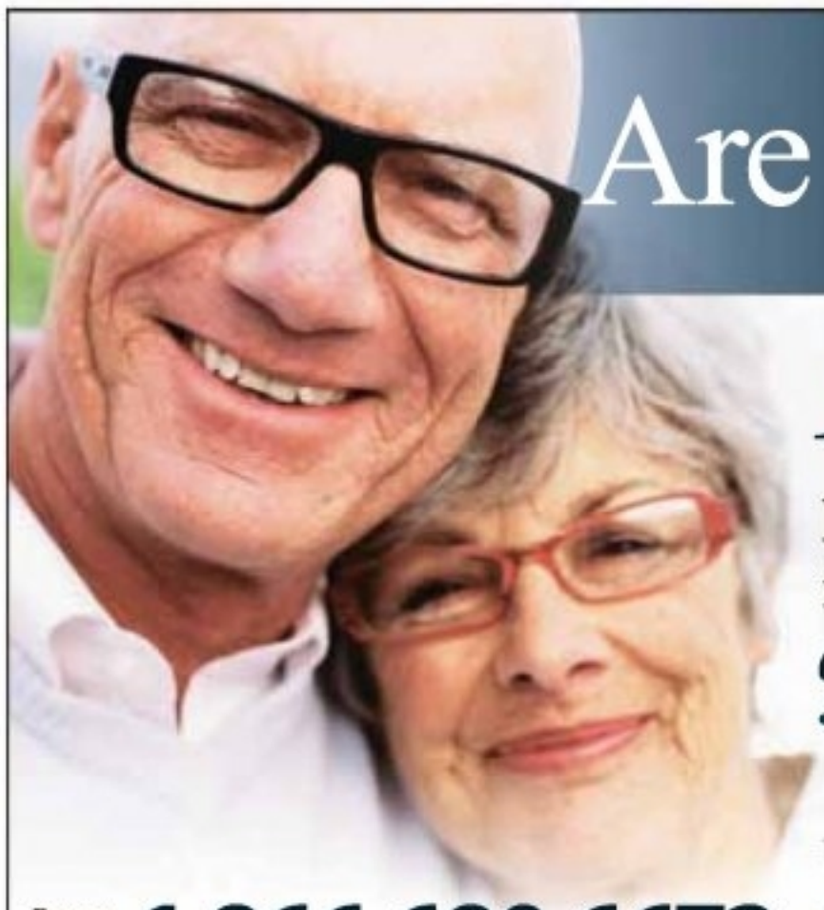

Are you **age 65***or older?*

If so, we need your help.

Right now, we're enrolling participants 65 years of age and older in important research studies of investigational medications.

Qualified participants must:
- Be at least 65 years of age.

Transportation is available.

Qualified participants receive:
- All study related evaluations and medication at no cost.
- Compensation from $700 to $4,000 for those who qualify

The persons depicted are models used only for illustrative purposes.

For more information, call toll-free **1.866.680.6672**

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